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REVIEW



Spring Valley vet adds another bowling medal at National Golden Age Games

East County's Richard "Hutch" Hutchinson is a hard act to follow. But the man who won a medal in bowling at last year's National Veterans Golden Age Games Wheelchair Division took the silver medal this year in the same sport.

The multievent sports and recreational competition was played at Xerox Document University in Leesburg, Va., May 22-27.

Hutchinson, a World War II veteran living in Spring Valley, is among the eligible veterans, age 55 or over, who are receiving medical treatment at Veterans Administration (VA) hospitals around the country. He is being treated at the San Diego facility.

According to Hutchinson, it means a lot of camaraderie with other veterans.

"It is a focalization tool and it's a chance to get away from home and meet new friends," he said.

This year's games were hosted by the VA Capitol Network, which consists of VA medical facilities in Martinsburg, W. Va., Washington, D.C., and Baltimore, Md., and is co-sponsored by the VA and the Veterans of

Foreign Wars.

The games showcase the role of recreational therapy in VA medicine. The VA has found that participation in sports and competitive involvement enriches an aging veteran's life physically, socially and emotionally.

The games encourage VA patients over the age of 55 to make physical activity a central part of their lives and support the programs comprehensive recreation therapy programs.

This year, more than 400 athletes from across the U.S. competed, according to their ability and age group of 55-59, 60-64, 70-74 and 80 or older.

Events included open division swimming, bicycling, golf, pentathlon (shot-put, discus, softball hit, basketball free-throws and air gun), table tennis, dominoes, tennis, shuffleboard, horseshoes, pool, checkers and croquet.

The wheelchair division includes horseshoes, swimming, shuffleboard, bowling, table tennis, eight ball and pentathlon.

The visually impaired division includes shuffleboard, horseshoes, dominoes, checkers and bowling.



By taking aim carefully, Richard Hutchinson won a silver medal on May 26 in the bowling Wheelchair Division competition at this year's National Veterans Golden Age Games which were held in Leesburg, Va.

Commentary**Extracurricular Sports**

by Marv Rosen

While almost everyone agrees about the absolute need of the basic "Three Rs," not all really understand that more is needed in education than just learning to read, write and do arithmetic.

Most school administrations and parents will agree that "some sports" are worthwhile, but these are usually the ones with spectator appeal, or the ones that can get students scholarships to college. These are also those that can generate some revenue to cover their costs.

In reality, the sports that don't get the most spectators and media coverage are the ones which provide the greatest benefit to the students. These are the ones that allow the students to just have fun, while learning some basic truths about fair play (playing within the rules) and trying their best.

In this writer's opinion, anyone who steps on any sort of athletic field or floor, is automatically a winner, no matter what the final result.

An amusing example is watching 4- or 5-year-olds play soccer, you know the ones where almost every player but the goalies are within five yards of the ball, trying to kick it. I remember a little boy running up to his mother and asking, "Did we win, did we win." His team had lost by a 5-0 score, but he hadn't noticed.

The lessons learned in the "minor" sports are those that should be the basis of all sports, that of respect for opponents and that winning is not the only thing, especially when it comes by "bending the rules" or whatever you can get away with without being caught.

We often forget that the only true reason for the existence of any youth sport, at any level, is for the kids to participate, get some good exercise and just have fun, not for the school's reputation, their parents or to generate funds.

The "book learning" lessons are absolutely necessary to function at any level of successful living, but if emphasized to the level of eliminating any extracurricular activities, they give the student the wrong message, that there is nothing else that matters. Not so incidentally, that includes the recent trend of eliminating music, art, etc. as being unnecessary. After all, from where are the future generations of artists, musicians and similar professions to come?

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LIVE! Beat
with Greg Eichelberger

Yes, it's time again for the most irritating competition ever thought of by a brain-dead ESPN programmer with nothing better to do than pick his nose.

You got it - the "X-Games." "X" standing for "Extreme" in the same ridiculous way that some idiots use the letter to stand for "Christmas." "Extreme" is right - Extremely nauseating.

I've said it before and I'll say it again, but who in their right mind would want to watch something (in person or on TV) that some local juvenile delinquents practice in the parking lot of a Lucky's store? "Oh, sure," I can hear people say right now, "You don't skateboard, so you have no clue and no right to make fun of those who do."



Well, I do not skateboard, and have no problem with those who do, unless, of course, they are trespassing when they do it, or they loiter or engage in other illegal activity while doing it.

I'm not a boring traditionalist, but it's an activity, along with turning flips on a bicycle, para-boarding (or whatever they call the thing morons who jump from an airplane attached to a surfboard do) and skiing (two recent famous deaths shows the folly of that sport), that I neither take part or enjoy seeing others participate in.

Nor, do I like to bungee-jump, rock climb or rocket down a hill on a skateboard-type thing (luge) at 60 mph, either. Those who do are not bad people, just folks I have little or nothing in common with.

The image they project, though, is a bunch of generation X-ers (there's that letter again) with nothing better to do than risk life and limb at your expense (as well as mine).

I should qualify that by saying that I am also not watching (currently) the U.S. Open in golf (the most boring of all activities) or World Cup soccer (the second dullest "sport").

And, I realize there are a few East County people involved in the "X-Games," and, like I said before, I mean no disrespect, but the hype and the full-blown coverage for peripheral sports (at best), even seasoned UT reporters are typing about kids that they wouldn't hire to mow their lawns as if they are Babe Ruth or Jim Brown. They're just riding a bike or a skateboard, people.

And even though I do not choose to do it, it's not brain surgery, nor is it like hitting a baseball or carrying the pigskin for one yards a game, either. I hope ESPN succeeds in their broadcasting of the event, but I won't be watching.

I opt to see the Padres try to put some distance between themselves and the NL West, or if Mark McGwire can close in on Roger Maris' home-run record. Come to think of it, I guess I'm just a boring traditionalist after all.

If you want your local organizations' sports, recreation or fitness events to be picked apart, too, or are just interested in having them publicized, call me at 390-7103 (or E-mail ikeforum@juno.com).

Pro soccer came along too late for Garcia

by Joe Naiman

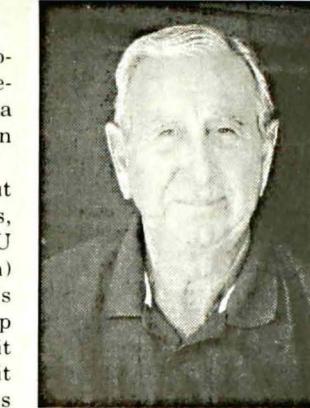
Had soccer been as professionally lucrative as baseball, El Cajon's Dave Garcia may have had a career in that sport.

Garcia, currently a scout for the California Angels, played soccer in an AAU (Amateur Athletic Union) organization. In 1939 his team won the championship in St. Louis which earned it a trip to Chicago, where it lost to that city's champions by a 4-2 score.

Garcia was a fullback for that team, which used a formation of five forwards, three halfbacks, two fullbacks and a goalie.

But Garcia, who was born in September 1920, retired from soccer at the age of 19 to play professional baseball.

Garcia grew up in East St.



Dave Garcia

Louis, Mo. where his father held two jobs; he worked at American Zinc Company and also owned a pool hall. Garcia started his work life racking balls at the pool hall from when he was eight until he was 11.

"By the time I was 10

Sports/Rec Notes**Girls basketball camp set for Southwestern**

Southwestern College is holding a basketball camp for girls ages 7 - 12. The 1998 Take the Challenge Girl's Basketball Camp is scheduled to run from 1 - 3:30 p.m. July 6 - 9 at the campus, 900 Otay Lakes Road, Chula Vista.

The camp is for all levels of play, beginners, intermediate and advanced, and emphasizes individual basketball fundamentals and team play. Cost of the camp is \$65. Participants receive a camp t-shirt, competition instruction with video highlights of fundamentals.

The camp is coached by Southwestern's Lady Apache coach Valerie Goodwin-Colbert. Her teams have won the Pacific Coast Conference championships from 1989 through 1993 and in 1995.

East County teams participate in ABC event

East County teams from El Cajon and Lakeside were among the teams which competed in the 95th American Bowling Congress Championships Tournament held June 25 in Reno, Nev.

The Joe Norris Caravan also include teams from throughout the county. The San Diego Bowling Association dominated the 44-team San Diego contingent, which included 19 teams from the city of San Diego, five from El Cajon and teams from Chula Vista, Escondido, Oceanside and National City, plus the East County teams.

Bowling hall-of-famer Norris organized the caravan in 1995 which fielded 66 local teams. Norris noted that many of this year's bowlers in the ABC tournament were first-timers.

years old, I was pretty good," he noted. "He had to stand on top of a box, because he wasn't tall enough to reach the table, but his father had a constant challenge to incoming players to play Dave first in eight-ball.

If he won, the game was on the house; if the player lost, the game cost double the normal 10-cent rate. Only two players, both Mexican immigrants, ever beat him, although he would win his share against those two.

Garcia was a fullback for that team, which used a formation of five forwards, three halfbacks, two fullbacks and a goalie.

But Garcia, who was born in September 1920, retired from soccer at the age of 19 to play professional baseball.

Garcia grew up in East St.

Garcia was three months short of his 17th birthday when he graduated from high school.

He wasn't a baseball star in high school; his father died when Dave was 11 and he had to support the family by selling newspapers.

For six years Garcia got up at 5 in the morning and spent three hours in the morning and three hours in the afternoon selling papers. He worked seven days a week, 365 days a year.

Because of his job, he only played high school baseball his senior year and only home games then, so his high school career consisted of about 10 games.

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